



# RRM SPLASH

## Schedule Changes this month:

- Monday, July 31—last NOON workout until Monday, August 27
- Thursday, August 2—last EVENING workout until Monday, August 27
- MORNING workouts continue normal schedule : M-F 5:30-6:30 am; Sat 6:30-8 am

### Happy August Birthdays!

Allen Organick 5th  
 Lisa Wellborn 10th  
 Larry Cobb 19th  
 Mary Ann McInnis 25th  
 Thea Moeller 26th  
 Lynn Jenkins 27th  
 Steve McNamara 28th  
 Bill Bryan 30th

### Welcome New & Returning Swimmers

Joe Hinton  
 Steve McNamara

### Congratulations Linzie!

Linzie Hebert qualified for the TEAM USA and World Triathlon Championships in Hamburg, Germany on September 2 based on her strong finish at the US Nationals in Portland, OR on June 30th. If you would like to financially support this tremendous athlete, visit : [www.signmeup.com/57780](http://www.signmeup.com/57780)

### 2 to USMS Nationals

Randy Patton and Bill Cleveland will be headed to The Woodlands, TX August 10-12 to compete in the USMS long course nationals.

## Farewell Annie Reese ☹️ and Good Luck 😊

Annie Reese and her family will be leaving the Shreveport—Bossier area in August. This will be a great loss for those of us who have come to appreciate all Annie has done for the local area in adult-oriented athletics. From helping people select the correct shoes to organizing road races, off-road races, coaching track and swim workouts, to putting together various types of clinics, Annie has had a huge impact on the local sports scene. We will miss her tremendously.

Annie and her husband Mike, who recently retired from Barksdale Air Force Base, will relocate to the Santa Barbara area in Califor-

nia to be closer to their family. Annie and Mike's youngest son Riley will be enrolling at Cal-Berkeley in the fall.

We are blessed to have had Annie swimming and coaching with us. She swam with us for many years, especially to recuperate from long runs initially. She subsequently got the open water bug and did open water swims in several exotic locales such as St. Croix, USVI and Pensacola, FL. She also proved that the swimming bug can be contagious and got Mike to join her at early morning workouts and the Pensacola swim.

In the last year, Annie played a key role in the evening swims with her coaching.

No doubt she learned a lot while sharing her knowledge about swimming with others.

We will miss Annie's energy and enthusiasm and wish her well in her new home and all she does in California—and look forward to seeing her visit us in the future! She has expressed an interest in doing more coaching—and no doubt she will have a positive influence!

Annie will continue coaching the evening workouts through August 2nd. Please be sure to swing by and wish her well!

## Schedule Change in August

Red River Masters will continue its normal Monday through Friday 5:30-6:30 am workouts as well as the 6:30-8:00 am Saturday workouts during August.

However, due to facility availability while the university is between sessions, the

HPE building will be closed for recreation during the days for much of August.

We will continue our evening program through Thursday, August 2 and then take a break in the evenings until Monday, August 27 when we will resume the evening

workouts.

The noon workouts will suspend after the Monday, June 30 workout and resume again on Monday, August 27.

Sorry for any inconvenience this may cause and look forward to full pool availability again in late August.

## Open Water Clinic—Great Experience

About 20 folks were treated to a great clinic by Marcia Cleveland on Saturday, June 30. She discussed a number of important topics with practical demonstrations and then real, open water application. Not surprisingly the discussion started with preparation, moved to the start of the race, covered several important techniques for the swim, and included important thoughts on how to finish an open water race.

In terms of preparation, Marcia stressed the importance of both physical and mental preparation. Beyond the base level of fitness required to complete a non-stop, open water swim, the competitor needs to be ready for changing and extreme conditions. Besides acclimating for temperature, which Marcia described in detail in relation to her own experience swimming the English Channel, the swimmer needs to be ready for waves, sun, colliding competitors, and wardrobe malfunctions. Some of these points were exactly contrary to what one might expect for pool competition. A case in point is how to layer your cap in goggles.



*All eyes on shore before the pack starts of one of the practice swims.*

In a pool race, generally the goggle strap is over the top of the bathing cap so the goggles can be removed quickly if they become flooded with water. However, for open water swimming, the goggles beneath the cap is recommended so if there is a collision or other event that would dislodge the goggles, they are not lost at sea.

Marcia also talked about being sure to be well hydrated and fed prior to the race to be able to complete the distance. In really

long races, the plan for feeding is important. Body lubrication is also important where chafing may occur and several effective products were discussed.

Mental preparation is also critical. Even experienced open water swimmers are subject to panic, a point that was repeatedly made; therefore, it is important to prepare for the inevitable rather than simply hope it will not happen. Panic can be induced by waves, trouble breathing, losing track of the race course, equipment problems, or other conditional occurrences. Knowing how to deal with these situations and responding appropriately are critical.

Sitting around talking about this is all well and good. However, the real action takes place in the water—and there was plenty of practice! First was surveying the race course to understand where to go and what to look for. As well, outlining a strategy is essential. To practice this, we covered sighting appropriate objects, how to move the head to sight effectively in coordination with breathing, the importance of bilateral breathing, and how to efficiently go around buoys. Depending on how straight one normally swims dictates how often sighting must be done. Some swimmers clearly needed to sight often, as seen when they started going perpendicular to the intended course when not sighting often.

The race start and mental preparation for this was covered. Practice was with close-in application and then several iterations of swimming around far-flung buoys and kayaks. For the stronger swimmers, being at the center of the pack starting was seen as a good strategy while the weaker swimmers benefited from being toward the outside. As the pack turned into a line, this became less important. However, everyone got the feel for being swum over and bumped, either intentionally or unintentionally—important experience since this is standard in open water swims.



*Marcia explains some of the finer point of what it takes to be a great open water swimmer.*

As well, various techniques for entering the water for a race start and the all important end of race exit were practiced both in quick repetition training and then at the end of each of the longer swims. These included dolphin hops, shallow swimming, and duck running. It was amazing to see the extra effort expended for the folks who stood up in water too deep!

After the swims, we were treated to a scrumptious barbeque by Double-E barbeque and a great question and answer session with Marcia. Knowing that people will come up with questions over time, she welcomed future inquiries



*The pack has strung out after rounding the kayak..*

to her via email at [DoverSolo@aol.com](mailto:DoverSolo@aol.com). Marcia has a website for her open water swimming and her book about preparing to swim the English Channel at: <http://www.doversolo.com/>

Thanks to Janet Martin and Annie Reese for organizing the clinic. As well, thanks to David Taggart for helping us get access to this fantastic lake!

